



# Notes and Inspiration

**Link:** <https://www.mindmeister.com/1173200129>

## 1. Self Compassion

- 1.1. Appreciate the effort you've put into organising your thoughts
- 1.2. Life's a game. Enjoy every minute. No point constantly looking to the future. Enjoy the moment.
- 1.3. Your coding ambitions - "The best time to plant a tree was 20 years ago. The second best time is now"

## 2. Gratitude

- 2.1. Australia - Glad I got through it
- 2.2. Blessed

## 3. Knowing

- 3.1. Tho fleeting, that indescribable feeling of knowing your purpose in life

## 4. Note to my future selves

- 4.1. 5 years from now

On this day, November 16th 2018, I am making a commitment to my Family and myself, that 5 years hence I have been the best Dad and Husband I can be. I achieved this by maintaining focus on my Health and Work goals.

Edel and my Children have been my life's purpose and over the past 5 years we will have achieved so much together with no little fun along the way. I will not have let anything get in the way of that, be it drinking or not eating healthily.

I will have written and Illustrated a Children's book and will be proficient in Python having completed at least one personal project.

At 48 years of age I will be fitter then I've ever been and our house improvements will be well under way

And...somehow....I will be a single figure golfer.

4.1.1. Days Since: 10

4.1.2. Days To: 1818 (21st Nov '18)

## **5. Choice is power**

5.1. Eat that bar of chocolate? Will it make me happier?

5.1.1. Break records

5.2. Alcohol

5.2.1. cut-down on alcohol - don't have to but can - may be some day where i've no choice for health reasons but now i have the power to decide

5.2.1.1. Break records

5.2.2. Want to be always there for my Family - the day I'm hungover might be the day they need me most

5.2.3. Regained hangover time

5.2.3.1. Family

5.2.3.2. Games

#### 5.2.3.3. Drawing and Programming Projects

## **6. Trust**

6.1. Focus on Health and Work (make them your passions) so that you can provide for your Family (your purpose). Everything else will fall into place (trust)

## **7. Faith**

7.1. I believe that Nan, Gaga and Mary Biddy are always there guiding me and my family